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Beyond material education

socio-economic inequalities in children's diets in the Amsterdam born children and their development (ABCD) cohort

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BEYOND MATERNAL EDUCATION: SOCIO-ECONOMIC INEQUALITIES IN CHILDREN'S DIETS IN THE AMSTERDAM BORN CHILDREN AND THEIR DEVELOPMENT (ABCD) COHORT.

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Rationale: Lower socio-economic status (SES) is associated with unfavourable snacking patterns in young children. While the evidence for the role of maternal education is unequivocal, it is one of many SES indicators. Our aim was to examine the association between different SES indicators and children's snacking patterns and to assess if the role of maternal education is moderated by other SES factors.

Methods: Validated Food Frequency Questionnaires (FFQs) were filled in by mothers of 2 782 children (age 5.7±0.5y). Based on these FFQs, a snacking dietary pattern was derived using Principal Component Analysis. SES variables were defined as: maternal and paternal education (low, middle, high) household finance (low, high) and neighbourhood SES. Multivariable linear regression analysis was used to assess the association and possible interaction of maternal education and other SES variables on the snacking pattern score. Analyses were adjusted for children's age, sex and ethnicity.

Results: Low maternal education (B 0.946, 95% CI 0.829;1.064), low paternal education (B 0.359, 95% CI 0.198;0.519), lower household finance (B 0.182, 95% CI 0.109;0.256) and neighbourhood SES (B -0.085, 95% CI -0.113;-0.057) were independently associated with higher snacking pattern scores (p<0.001). The association between maternal education and the snacking pattern score was somewhat moderated by household finance (p=0.089) but remained strong.

Conclusions: All SES indicators were associated with a higher risk of unhealthy dietary patterns in young children. Low maternal education has the strongest influence. Yet, within the group of middle high educated mothers, lower household finance is an extra risk factor for these unhealthy dietary patterns. Intervention strategies should therefore focus on lower educated mothers and middle educated mothers with insufficient levels of household finance.

Disclosure of Interest: None Declared

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